

### In the Claims

1. (Currently Amended) An exercise machine comprising:  
a load;  
first and second force applying members;  
a dual sliding pulley assembly connected to said first and second force applying members, said dual sliding pulley assembly including first and second linearly movable pulleys that can be adjusted to a desired position by the user independently of one another said dual sliding pulley assembly comprising:  
first and second sliding carriages carrying said first and second movable pulleys respectively;  
first and second floating pulleys;  
a first cable connected at one end to said first sliding carriage and at the opposite end to said first force applying member, said first cable passing around said first movable pulley and said first floating pulley;  
a second cable connected at one end to said second sliding carriage and at the opposite end to said second force applying member, said second cable passing around said second movable pulley and said second floating pulley;  
a third cable connected at opposite ends to said first and second floating pulleys and passing around a third floating pulley;  
a fourth cable connected at one end to said load and passing around a fourth floating pulley; and  
a connecting cable connecting said dual sliding pulley assembly to said load so that use of either one or both of said force applying members lifts said load, said connecting cable having a first end connected to said third floating pulley and a second end connected to said fourth floating pulley.

2. Canceled
3. Canceled
4. (Currently amended) The exercise machine of claim 1 ~~3~~ further comprising a third force applying member connected to said fourth cable.
5. (Original) The exercise machine of claim 1 wherein said first and second force applying members comprise pull handles.
6. Canceled
7. Canceled.
8. Canceled
9. Canceled
10. Canceled
11. Canceled
12. (Previously Amended) An exercise machine comprising:
  - a frame structure;
  - a load supported by said frame structure;
  - first and second independently adjustable force applying members ~~at least one force applying member~~;
  - a cable and pulley system connecting said first and second force applying members to said load, said cable and pulley system including a shared cable connecting both of said first and second force applying members to said load so that use of either one or both of said first and second force applying members by said user lifts said load;

a bench detached from said frame structure to support a user; and  
an adjustable brace connected to said frame structure and movable between at least  
first and second positions, said brace functioning as a stop member to prevent said  
bench from sliding during a first exercise, and functioning as a foot rest for the user  
during a second exercise.

13. Canceled

14. Canceled

15. (Currently amended) The exercise machine of claim 12 14 wherein said cable and pulley system further includes a dual sliding pulley assembly connected to said first and second force applying members, said dual sliding pulley assembly including first and second movable pulleys that can be adjusted to a desired position by the user independently of one another; said shared cable connecting said dual sliding pulley assembly to said load so that use of either one or both of said force applying members lifts said load.

16. (Original) The exercise machine of claim 15 wherein said dual sliding pulley assembly further comprises:

first and second sliding carriages carrying said first and second movable pulleys

respectively;

first and second floating pulleys;

a first cable connected at one end to said first sliding carriage and at the opposite end to  
said first force applying member, said first cable passing around said first movable  
pulley and said first floating pulley;

a second cable connected at one end to said second sliding carriage and at the opposite end to said second force applying member, said second cable passing around said second movable pulley and said second floating pulley;  
a third cable connected at opposite ends to said first and second floating pulleys.

17. (Original) The exercise machine of claim 16 further comprising:

a fourth cable connected at one end to said load;

a third floating pulley supported by said third cable and connected to a first end of said connecting cable; and

a fourth floating pulley supported by said fourth cable and connected to a second end of said connecting cable.

18. (Original) The exercise machine of claim 17 further comprising a third force applying member connected to said fourth cable.

19. (Currently Amended) The exercise machine of claim 12 wherein said first and second force applying members comprises a pull handles.